

## Identifying Stressors

<b>Grade Level</b>	Seventh
<b>Minimum Time Required</b>	50 Minutes
<b>Materials/Resources</b>	Attached Worksheet "Stress Management For Teens"
<b>Subject Area(s)</b>	Guidance Heath

### Project Description:

1. Handout the worksheet. Read "Ideas to Remember" to the class. Have students complete and discuss the worksheet.
2. Handout "Teen Special Stressor." Have students explain how these effect their lives.

<b>Career Development Standard</b>	Knowledge of the importance of growth and change.
<b>Career Development Indicator</b>	Identify internal and external sources of stress.
<b>Delivery Level</b>	Introductory
<b>Academic Standards</b>	
<b>Language Arts</b>	1.1.c Use prior knowledge and experience to interpret and construct meaning from various texts. 1.4.b Analyze the validity and/or appropriateness of various technical and practical materials. 4.1.b Present oral information in a logical and coherent manner. 4.2.c Use recognized conventions/mechanics of language in personal communication.
<b>Employability/SCANS Skills</b>	Thinking Skills, Basic Skills
<b>Assessment/Rubric</b>	Students will be evaluated on their class participation and their Stressor Diary.

**Submitted by:** Stress Management for Teens

Name: \_\_\_\_\_


Date: \_\_\_\_\_

## Identifying Stressors


### ***IDEAS TO REMEMBER***


- ? **STRESSORS** are situations in your life that cause you to feel stress.
- ? **SOME** stressors are just mild frustrations you deal with every day. Others result from major changes occurring in your life.
- ? **RECOGNIZING** what stressors make you experience stress is the first step in controlling stress in your life.

### **I. IDENTIFYING YOUR EVERYDAY STRESSORS**

 **In** the space below, take three minutes to write down quickly as many stressors in your life that you can think of. If you find it helpful, you can list your stressors as they occur in different parts of your life. (Feel free to add your own other categories, too.)

 School

 Work/After-School Activities

 Home

 Friends

 Other

Name: \_\_\_\_\_ Date: \_\_\_\_\_

## Identifying Stressors

✍ **Now** read through your list and mark those stressors that cause you the most stress.

✍ **Refer** to these “target” stressors as you work through the lessons that follow and learn specific strategies for handling stress in your life.

### II. IDENTIFYING SPECIAL STRESSORS

Special stressor situations can add stress to your life, sometimes without your even being aware of it.

✍ **Read** through the list of special stressors on Information Sheet #2: Teen Special Stressors that accompanies this lesson.

✍ **Now** read through the list again and circle any special stressors that might apply to your life right now.

✍ **Were** you aware that these life situations can cause you extra stress?

### III. STRESSOR DIARY

Some stressors happen so quickly that you forget or bury them right away, but they can still go on causing you stress.

By becoming aware of your own stressor patterns, you will become more aware of what situations in your life pose special problems for you.

✍ **Carry** a small notebook for one day and observed yourself. Write down any stressor that you experience as it happens.

✍ **Be** aware of the things you complain about, too. Your negative thoughts are also stressors.

✍ **Also**, watch especially carefully for feelings you are uncomfortable with and bury quickly.

✍ **At** the end of the day, review your diary. Does anything surprise you? Do you see any patterns? What have you learned about yourself?

Name: \_\_\_\_\_ Date: \_\_\_\_\_

## Teen Special Stressors

This list includes just some of the “special” stressors that can add extra stress to a teen’s life.

Some of these stressors may act invisibly. You may not be aware of the stress they add to your life.

If you have experienced one of these special stressors recently, you should be aware that you may be under more stress than you realize.

- ? Death of a parent
- ? Death of a brother or sister
- ? Death of a grandparent
- ? Divorce of your parents
- ? Marital separation of your parents
- ? Marital problems between your parents
- ? Remarriage of a parent to a stepparent
- ? Loss of a job by a parent
- ? Parent job change
- ? Major decrease or increase in parents' income
- ? New member added to your family
- ? Other family member comes to live with your family (grandparent, etc.)
- ? Starting to date or starting to date a new partner
- ? Breaking up with a boy/girl friend
- ? Family moves
- ? Changing to a new school
- ? Failing a grade in school
- ? Recognition for excelling in a sport or other activity
- ? Being responsible for an automobile accident
- ? Having to appear in court or having a run-in with the law
- ? Getting a job
- ? Change in a family member's health
- ? Hospitalization of a parent or other family member
- ? Being hospitalized yourself
- ? Death of a close friend
- ? Close friend in trouble
- ? Having to deal with unexpected pregnancy or sexually transmitted disease
- ? Suffering a serious injury
- ? Suffering a serious illness